



## ***Growing Healthy Kids Columbus***

**VISION:** *Columbus is a community in which all children have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

## **Agenda**

May 23, 2017

10:00am – 11:30am Columbus Public Health, 119E

<b>Organization</b>	<b>Member</b>
CPH –Growing Healthy Kids Columbus	Ali Segna
CPH – Creating Healthy Communities	Dana Dorsey, Katie Stone
Nationwide Children’s Hospital – CHWN	Megan Gorby
Children’s Hunger Alliance	Michelle Hoffman
CCS – Wellness	Carolyn Bernard
FCFCFC	Carol Taylor
Moms2B	Carmen Clutter, Lydia Burney
CPH – HCHW	Hannah Bills
Action for Children	Christi Meuser
YMCA – Head Start	Jess Lambie
CPH – OMH	Jesus Ovalle
OSU Extension	Carol Smathers
Institute for Active Living	Julie Tritschler
American Heart Association	Lory Winland
United Way – Columbus and Franklin County Kids	Janet George
Franklin Park Conservatory	Christie Nohle

### STEERING COMMITTEE MEMBERS:

Carolyn Bernard, Columbus City Schools  
Megan Gorby, Nationwide Children’s Hospital  
Mark Haynes, Children’s Hunger Alliance  
Ali Segna, Columbus Public Health  
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension  
Dawn Sweet, Franklin County WIC  
Hannah Bills, Columbus Public Health  
Rebecca Wade-Mdivanian, Ohio State University Life Sports  
Maria Villareal, CDCFC Head Start  
Matthew Yannie, United Way of Central Ohio

*Growing Healthy Kids Columbus is facilitated by Columbus Public Health - [www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)*

### 10:00am – 10:30am Member Introductions and Program Updates

Partner/Organization	Program Updates
Ali Segna, CPH/GHKC	Healthy Celebration Ring of Fun is going through final edits. Hope to have them printed by the end of June to share with the coalition.
Dana Dorsey, CPH/CHC	Bike Friendly Franklinton Festival happening [add info from flyer] -Katie: shared magnets for Smoke Free Baby and Me -Currently recruiting organizations on Westside for worksite wellness
Megan Gorby, NCH	-Moved to new Livingston Office -Contains new demo kitchen, will look to have programs using this -My Family Fit Centers starting up on Mondays from 4:30-5:30p to provide snack, nutrition tips, and walk around park
Michelle Hoffman, Children's Hunger Alliance	-began Eat, Play, Grow at Mickie's Child Care -started Walking Wednesday at Children's Hunger Alliance Columbus Office and began workplace health challenge where employees earn points for exercise along with water and fruit and vegetable consumption.
Carol Taylor, FCFCFC	-soon will be supervisor for Building Better Lives -received 1.5 million grant to expand trauma work -hiring 5 people to do training and coaching in schools, focusing on CCS and looking to expand to SW City Schools
Carmen Clutter, Moms2B	-New dietitian Lydia will be continuing presence at Coalition -Having open house for 6 <sup>th</sup> Southeast location -Passed out updated recruitment cards
Carolyn Bernard, CCS	-CCS is purchasing a second Imagination Playground
Hannah Bills, CPH/HCHW	-HCHW program was awarded funds from ODH to convert 15-hour curriculum to an online model with self-paced modules and live webinar delivery.
Jess Lambie, YMCA Head Start	-Vaughn, Cherry Creek, and Norton just applied for OHP. Soon all head start centers will be OHP. -Went to I am Moving, I am Learning Training and will incorporate into classroom
Janet George – Columbus and Franklin County Kids, United Way	Focused on Kindergarten readiness, here for first time
Christie Nohle - Franklin Park Conservatory	<ul style="list-style-type: none"> <li>- Enter info from flyer on event for low income families, receive fresh produce from garden, will have cooking activities, for whole families</li> <li>- Farmers market begins June 7<sup>th</sup>, participating in matching veggie snaps program. Moved to main parking area.</li> <li>- Still registering kids for summer camp program for ages 5-13</li> <li>- Up to 10 culinary camps</li> <li>- Pollinator Palooza: Free activities for pollinating and free plant giveaways. Food trucks there for lunch</li> <li>- Teen Core Program starting in two weeks in partnership with Central Community House. 10 week program.</li> </ul>

Lory Winland - American Heart Association	<ul style="list-style-type: none"> <li>- Statewide budget update: asking for dollar increase in tax on tobacco products. Budget was cut to 8 million. Testifying to fight for tax increase.</li> <li>- Asked for Healthy Food Financing for Ohio, able to secure close to 10 million with partnership.</li> </ul>
Julie Tritschler – Institute For Active Living	<ul style="list-style-type: none"> <li>- Barbs new intern. First time attending coalition.</li> </ul>
Christi Meuser - Action For Children	<ul style="list-style-type: none"> <li>- Started New Group recently</li> <li>- Passed out recruitment information to share with partner organization</li> <li>- Host most groups at Reeb Center</li> <li>- Looking to hold a group at a different site based on community needs</li> </ul>
Jesus Ovalle – CPH Office of Minority Health	<ul style="list-style-type: none"> <li>- CPH doing prevention work regarding Measles outbreak in Somali outbreak in Missouri</li> <li>- Provided talking points around stats of Measles outbreak and link to Somali communities</li> <li>- Good turnout at recent community forums, around 50-60 at each event</li> </ul>
Carol Smathers – OSU Extension	<ul style="list-style-type: none"> <li>- Presenting at OECHN to talk about Farm to ECE and begin forming a Farm to ECE Subcommittee</li> <li>- Will be doing a survey to capture opinions on how to tackle this statewide</li> <li>- Shared update on Ohio-Days. This month has added a food truck for high schools and continued Ohio Day for all Elementary and Middle School</li> <li>- Shared Healthy Gatherings Kit with head of consumer sciences and was interested in doing trainings across [departments?]</li> <li>- Had new no-smoking signs installed at office to decrease smoking</li> <li>- Recently facilitated meeting with other central Ohio school districts.</li> </ul>

#### **10:00am – 10:30am Member Introductions and Program Updates**

All

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

#### **10:30am – 10:40am Healthy Gatherings Recap**

Ali Segna

64 Attendees

- 40 different organizations/programs
  - o 5 CPH programs
  - o 35 external partners
- 43,530 Estimated numbers of employees reached
- 64 Toolkits distributed
- 36 Tool bags distributed

## Surveys

- 40 Surveys total
  - o 36 completed
  - o 4 incomplete
- Of the 36 completed
  - o 94.4% (agree and strongly agree) - Felt confident in sharing the Healthy Gatherings kit
  - o 100% (agree and strongly agree) - Felt confident in having the knowledge and resources to adequately respond to concerns of those who may not agree with the healthy gathering approaches
  - o 100% (agree and strongly agree) - Have a greater understanding of the Somali culture
  - o 100% (agree and strongly agree) – Were satisfied with the workshop
  - o 95% (agree and strongly agree) – Learned new information
  - o 97% (agree and strongly agree) – Learned new information they can apply at work
  - o 100% (agree and strongly agree) – Likely to use the information from the workshop
  - o 100% (agree and strongly agree) – Found presenters to be knowledgeable
  - o 100% (agree and strongly agree) – Workshop was culturally appropriate

## Question asked to the group: Who made a connection?

- Katie shared connection St Johns Episcopal to provide HG Toolkit
- Carol shared that there is interested in improving menu for ‘Welcome Lunch’ event for new employees
- Carol Taylor shared that for her birthday month, they used the DIY Yogurt Bar with great success. Asked if there will be water cups
- Michelle shared that she has been promoting HG with family childcare providers to make family events healthier
- Carol suggested to send out invitation for additional resources for organizations to utilize to increase use of HG at their organization
- Christie shared that all assistance is welcome at the Franklin Park Conservatory to increase PA and wellness

## 10:40am – 10:50am Breaking News

Ali Segna

### CPH Measles Prevention Efforts

The measles outbreak in Minneapolis is on CPH radar in Columbus because we know the Somali population here and Minneapolis are close and often travel to see one another. We are particularly concerned about children and adults who haven’t received the Measles, Mumps and Rubella (MMR) vaccine to prevent the disease.

As of May 15, Minnesota has reported 58 cases of measles:

- Of those cases, 55 were not vaccinated.
- 55 of the cases are in children and 3 in adults.
- 49 of the cases are Somali Minnesotan.

In response, Columbus Public Health has a multidisciplinary team working to prevent an outbreak of measles in central Ohio. We are actively engaging our local Somali community to educate them on measles and vaccine safety and to make sure all kids are up-to-date on their MMR vaccine before they travel or have visitors.

Together with Franklin County Public Health, Columbus Public Health hosted two community health forums this past weekend to educate the Somali community about measles, the outbreak in Minnesota and how they can protect their children and families from this preventable disease.

Additionally, we have prepared educational materials and are working with local media to help educate the public about measles and the importance of the MMR vaccine.

### **OSU Outreach and Engagement**

- Carol: OSU Extension article on Coalition: shared extensively throughout OSU staff and have been receiving inquiries on how to get involved, even the Business School!

### **Pregnant women with money woes may deliver babies that are too small**

Financial strain, and a woman's worry about being able to care for herself and her baby, can lead to delivery of babies that are too small and at risk of immediate and long term health risks, according to a recent study from Ohio State University.

They found that financial strain increased the amount of worry women felt about their pregnancy. The more financial strain a woman reported, the more worry she felt about affording the care of herself and her baby, the more likely she was to deliver a smaller baby.

That's the finding of a study of more than 130 Columbus-area women by researchers at the Institute for Behavioral Medicine Research at The Ohio State University Wexner Medical Center.

Of the 138 women who participated, 8 percent delivered low birth weight babies, on par with the state average.

### **New Agriculture secretary says he'll roll back Michelle Obama's healthy school lunches initiative**

- Response to Nutrition Standard Rollback
  - o Carolyn: commented on influence on these standards to commodities and manufacturing. "We don't stop teaching math because kids don't like it, we shouldn't do the same with food."
  - o Carol Taylor: commented on the changing standards undermining the number of exposures needed for kids to accept new foods

### **Health organizations weigh in on USDA's decision to relax school nutrition standards**

Kids meals are now lower in sodium and calories and offer more whole grains. In addition, young people are eating 16 percent more vegetables and 23 percent more fruit. If these standards are left in place, they have the potential to decrease childhood obesity cases by more than two million by 2025. We don't understand why the USDA and some members of Congress want to fix something that clearly is not broken.

The USDA's more accommodating approach to meet sodium standards when it comes to targets two and three is also extremely worrisome. If sodium standards do not move forward, there could be serious health consequences for our kids. Children who eat high levels of sodium are about 35 percent more likely to have elevated blood pressure, which can ultimately lead to heart disease or stroke.

Dr. Howell Wechsler, CEO of the Alliance for a Healthier Generation, included in a statement that "providing students with appealing, nutritious school meals is not easy – it takes a lot of work. But shouldn't

our schools be setting an example for our students about the importance of working hard to meet critical goals? We would not lower standards for reading, writing and arithmetic just because students found them challenging subjects, and we should not do it for school nutrition either.”

### **Removing Trans Fats from Restaurant Menus Associated with Drop in Heart Attacks and Strokes**

Between 2007 and 2011, 11 New York State urban counties restricted the use of trans-fats in public eateries including restaurants, bakeries, cafeterias, park concessions, and senior meal programs. After 3 or more years following the implementation of this restriction, the study authors found 6.2% fewer hospital admissions for cardiovascular events (stroke, heart attack) in counties with the ban. When looking at only heart attacks, there were 7.8% fewer hospital admissions.

Trans-fats have been commonly found in deep-fried fast foods, baked goods, crackers, chips, and margarine. Eating too much trans-fat can increase harmful LDL cholesterol while lowering heart-protective HDL cholesterol, a damaging combination that raises the risk of cardiovascular disease. Not exclusive to heart disease, trans-fats promote other adverse metabolic changes in the body.

Most recently, with continuing research confirming the harms of trans-fats, in June 2015 the FDA removed artificial trans-fats from its “Generally Recognized as Safe” list, banning them entirely from the U.S. food supply by June 2018. In demonstrating a significantly decreased risk of heart attacks in one state, the JAMA study further validates the FDA’s wider national ban on trans-fats.

### **Panera Bread First to Post Added Sugars for Self-Serve Drinks**

Panera Bread announced last week that it will start labeling the amount of added sugars and calories in beverages. It is the first national restaurant chain to post nutritional information at self-serve beverage stations.

The process will be completed nationwide by September.

To give customers more low-sugar options, Panera Bread will offer six new beverages made without artificial sweeteners, preservatives, flavors or colors from artificial sources.

Drinks with no added sugar are iced black tea, plum ginger hibiscus tea and a prickly pear hibiscus fresca. Passion papaya green tea, blood orange lemonade and agave lemonade have less than 35 grams of added sugar per 20 ounces 60 grams in a 20 ounce soda). The reformulated green tea and lemonade will have 43 percent less added sugar than prior versions

Signs posted near drink stations will show total calories, total added sugar and serving size of each new drink.

**10:50am – 10:55am Activity Break**

All

**10:55am – 11:20am Building Better Lives**

Carol Taylor

- Work has stemmed from moving away from direct services to supporting systems with trauma-informed care
- All slides are available to share out
- If someone shared they had 1 ACE score, ~80% likelihood they actually have two, and 50% likelihood of actually having 3

- Spoke on the trends of generational passing on skills founded in adversity and epigenetic markers
- Janet spoke on the difficulties of dealing with the ACEs seen in the direct support through clinicians and social workers
- Carol shared changes the CDC Head Start has made in promoting regulation through healthy and wellness
- Ted Talks and Links:
  - Dr. Nadine Burke Harris: <https://www.youtube.com/watch?v=95ovIJ3dsNk>
  - Dr. Alison Jackson: <https://www.youtube.com/watch?v=-HG8H4n2j9I>
  - [www.acestoohigh.com](http://www.acestoohigh.com)
  - [www.resiliencetrumpsaces.org](http://www.resiliencetrumpsaces.org)
  - <https://www.cdc.gov/violenceprevention/acestudy/index.html>

**11:20am – 11:30am Opiate Crisis**

Carol Smathers

- Moved to next month

**Next Meeting:** June 27th, 2017, 10:00am-11:30am Columbus Public Health, 119C.